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Investigation of soaking juice produced by ultrasound-assisted soaking of chickpeas

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The soaking process of dry products such as chickpeas before food processing is a long process. Soaking time can be significantly reduced by ultrasonic treatment. As a result of the treatment, valuable materials are transferred to the soaking liquid. The effect of ultrasonic treatment can be investigated by examining the soaking juice. Therefore, ultrasound-assisted soaking of chickpeas was performed at 25, 35 and 45 °C. In addition, control samples were also prepared without ultrasonic treatment at the same temperature. Soaking was carried out until a swelling ratio of 2.00 was reached. The colour, pH, brix and dry matter content of the soaking juices were analysed. Differences were found in the measured parameters in the soaking juice of chickpeas treated at different temperatures. It can be concluded that in addition to ultrasound, temperature also has an effect on the quality of the resulting soaking juice. The obtained soaking juice contains valuable components which are worth further use.

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Information content of front-of-pack nutrition label. Case study with breakfast cereals

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Nutritional information on packaging is becoming increasingly important in the food industry. Nowadays, we see labels not only on the back of the packaging but also on the front. These are called Front-of-Pack labels (FoPLs). As there are many versions of FoPLs, the aim of our research is to determine which is the most suitable for helping consumers to make a decision about which food to include in a healthier lifestyle. To find this out, we compared Nutri-Score, Guided Daily Amount (GDA) and Multiple Traffic Lights (MTL) on cereals and conducted an eye-tracking measurement with 30 participants. Consumer preference was assessed using choice-based conjoint analysis (CBCA) and the labels and products were also ranked. At the end of the study, a comparison of the different analysis methods was completed. For the labels, it can be said that the GDA type FoPL was considered as the most useful based on the conjoint analysis, ranking, and analysis of eye-tracking parameters. According to the participants, this is the label that best helps them to choose the product that best fits into a healthier lifestyle.